

Three Bean Chili

Makes: 50 servings

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Ingredients	Weight	Measure
Turkey, Raw, Ground	6 lb 12 oz	
Salsa, Mild		1 #10 can
Cumin		1 Tbsp 2 tsp
Chili powder		2 Tbsp 2 tsp
Garlic powder		3 Tbsp
Spinach, Fresh, Baby	1 lb 3 oz	
Beans, Black, Whole, Canned		1/2 #10 car
Beans, Navy, Cream Style, No Salt Added, Canned		1 #10 can
Beans, Kidney, Cream Style, No Salt Added, Canned		1 #10 can
Chicken broth, low sodium		2 qt



Directions

1. Pull turkey from freezer and place in cooler 24-48 hours before menu day to allow proper thawing.
2. Spray kettle or tilting skillet with non-stick spray. Add

turkey meat to skillet and allow it to brown. Chop meat while stirring to eliminate large clumps.

3. Add salsa, cumin, chili powder, and garlic powder. Stir into meat.
4. Place canned black beans in colander; rinse and drain thoroughly.
5. Mix water and liquid condensed chicken base together.
6. Add creamed white (navy) and red (kidney) beans and diluted base to meat mixture. Stir until well blended.
7. Stir in drained black beans. Heat thoroughly (5-10 minutes).
8. Roughly chop fresh spinach. Stir into chili. Cook until spinach is wilted but still bright green.
9. Portion with 8 oz ladle.